

PUPS ON THE PLAINS

FOSTER INFO & FAQ

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So, you've signed up to be a POP Rescue Team foster! Whether a temporary foster or a foster until your dog/cat gets adopted, we are so grateful for your involvement in our organization and the lives of these dogs/cats! We have created this foster "packet" for you to help set up success in fostering for us. Please read this information carefully, and text our Foster Coordinator with any questions.

WHAT IS PUPS ON THE PLAINS?

HISTORY.

Pups on the Plains was born in September of 2017, after a plea for help was made by a Facebook page advocating for adoptable animals in Columbus Animal Control. Six dogs were going to be euthanized that day if no one could step up and help. From there, Shelby Stephens, POP's founder, jumped into action with her friend, Katelynn Roy, and drove the hour-long drive to Columbus Animal Control in order to rescue as many dogs as they could. On the way, Katelynn messaged as many vet school students as she could, and the duo managed to get enough fosters to save six dogs from death row.

To better advocate for the dogs they saved, Shelby and Katelynn started a Facebook page to advertise the dogs and their personalities. It was from there that the name "Pups on the Plains" was created and POP came into being. Since 2017, POP has rescued 100+ animals from death row in the Auburn, Columbus, Phenix City, and Valley areas. POP is officially a 501c3 and can give tax write offs for anything donated by you or your friends/family.

MISSION.

Pups on the Plains' mission is to save death row dogs from local animal control shelters. We do not discriminate based on breed, age, or size. Our ultimate goal is to place these death row animals in the loving hands of foster homes in the Auburn, Alabama area until they are adopted into their forever homes. We put a specific emphasis on uniting these abused, neglected, and suffering animals with Auburn University students in order to create valuable relationships.

EDUCATION.

POP values educating the public on the euthanasia rates of nearby animal control facilities and shelters due to overbreeding, overpopulation, irresponsible handling of

pets, and other issues. To do this, we try to visit classrooms, engage with Greek life, and partner with other organizations to try to bring these issues to light.

FOSTERING: WHAT SHOULD I EXPECT?

DAY 1!

Welcome to fostering! Your new foster animal will take some time to settle in. Whether your animal just came straight from an animal shelter or from another foster's home, each dog settles into new foster homes differently and in different time frames. Animals that were house-trained at another foster's house may have a few difficulties the first week in a new home. Dogs may also experience stress in new environments, and thus may pace, pant, cry and bark, or behavior abnormally compared to their usual disposition. Cats may scratch, mark, pace, cry, or otherwise behave in a stressed manner as well.

In order to best set your new animal up for success, the first week he or she should remain in your home and go out for short potty breaks or walks around the block. Avoid going to the park or going out in public until your dog appears to have settled in well. This is the time to get to know your new foster animal well before experiencing new events together. Please do not hesitate to contact Erin with questions regarding your pup.

DAY 7!

Hurrah! You made it Day 7! By this point, more well-adjusted dogs should be settling in well enough to go out to the park or out on the town. Be aware that less adoptable dogs (animals that were kept outside their entire lives, had minimal human contact, etc) will adjust far slower and it could take multiple weeks for them to settle in well. Take it slow and be easy on your foster animal; every animal is different and should be treated with the utmost respect and patience. Even dogs and cats that appear to be settling in just fine may still have jittery nerves, so please watch your animal's body language in new places, experiences, and environments.

DAY 14!

By Day 14, you should be getting to know your foster pretty well. Let the foster coordinator know about any positive and negative behaviors that we can keep note of when a potential family comes forward with interest in adopting. By two weeks into fostering, we encourage socializing your pup in appropriate scenarios that fit your pup's personality. In the case of cats, try to bring new people or (vaccinated) animals in the house in order to bring new experiences to your cat (we do not condone taking your cat outside unless on a secure leash and harness, but most cats would not appreciate this)!

FOSTERING: GUIDELINES

1. TREAT YOUR ANIMAL WITH RESPECT.

This should be a given, but we understand that some people are raised to harbor different attitudes towards animals. Our foster animals are not to be kept as outside animals. They are indoor animals with time outside to supplement. We expect that you will have a life and/or classes, but please do not make your foster animal wait 8+ hours to use the restroom. We understand exceptions can be made in the case of emergencies, but it should not be a constant at your home. We also expect that you will never withhold food, water, or love from your foster dogs. Do not hit, kick, punch, or otherwise purposefully hurt our animals. If any abuse or neglect is seen, our foster animal will be taken back, and charges will be pressed.

2. NO DOG PARKS UNLESS GIVEN PERMISSION.

Since dogs are unpredictable, please do not take your POP dog to the dog park unless he or she has been behavior evaluated by an officer and you have been given explicit permission to do so.

3. DO NOT SCHEDULE VET APPOINTMENTS WITHOUT PERMISSION.

POP has a specific checks and balances system when it comes to scheduling vet appointments. Thus, if you schedule a vet appointment without telling us or allowing us to plan for it, we could have charges put on our bank account from the vet that we did not expect, possibly causing extra fees to be put in place and creating an awkward situation with our vet. **If you think your POP foster animal needs to see a vet, please get in contact with POP's president or foster coordinator. If you take/schedule/etc. your foster animal to the vet without first contacting an officer, then you will be responsible for paying for the vet appointment cost out of your own pocket.**

4. DO NOT ADMINISTER OVER THE COUNTER DRUGS TO YOUR ANIMAL BEFORE GIVEN EXPLICIT PERMISSION.

Normally we give permission for over the counter drugs, but please get in contact with POP's foster coordinator before giving it to your foster animal. We need to ensure that it will not interact with anything else your dog is taking, and we also need to make sure your dog does not need to see a vet for proper dosage.

5. DO NOT PASS YOUR FOSTER ANIMAL OFF TO SOMEONE ELSE BEFORE CONTACTING POP OFFICERS.

Unless you are having your friend or family member babysit your foster animal for just the day, please contact POP's foster coordinator if you plan to have a friend or family member watch your foster animal overnight or longer. We need to keep tabs on who is with our dogs and where they are at all times. Don't worry: roommates don't count for this! Just let us know if you are going out of town for an extended period and leaving the dog with your roommate.

6. POP WILL PROVIDE THE ESSENTIALS.

A pro for fostering for POP, besides saving lives, is that we provide all essential items to you and your foster dog. The things that you should expect to come with your dog are: a crate, a bag of dog food, bowls, possibly a toy if we have donations, HG/NG (with instructions on when to give them to your dog), other necessary medications for your dog, A collar, leash, and harness of necessary. If you are missing any of these items or run out of dog food please let the president or foster coordinator know ASAP. We will either let you know what officer has extra food or give you permission to purchase food. If you purchase anything ESSENTIAL for your foster dog please keep the receipt and send the Treasurer a copy ASAP. Please see the below bullet to know which food brands are approved for reimbursement.

7. POP CANNOT REIMBURSE YOU FOR NON-ESSENTIAL ITEMS.

To put it simply, POP cannot afford to pay for anything that is not food, medicine, or essential to your dog's health or wellness. It should also be noted that we cannot reimburse for excessively large bags of food or unnecessarily expensive dog food brands. We are a non-profit, and we try to direct our funds towards emergencies. We generally stick to middle-of-the-pack brands such as Purina, Rachel Ray, Nature's Recipe, Nutro, etc. Never buy IAMS. Please get in contact with POP's President or Treasurer before buying anything you want to be reimbursed for as a rule of thumb.

8. DO NOT CONTACT YOUR FOSTER ANIMAL'S POTENTIAL NEW FAMILY WITHOUT GIVEN EXPLICIT PERMISSION.

This is not because we do not trust you, think you do not know your own foster animal, or think you might scare the potential new family. This is mainly to prevent confusion in communication, guilt on the part of the family if things do not work out, and any awkward situations in the case of miscommunication. Once your foster animal is adopted, we add families to the "POP Alumni" group on facebook, where you can see updates on their progress. If there is anything specific you would like the potential adoptive family to know, you will be given the chance to do so at the meet and greet, where an officer will be present. If you remember anything afterwards, please give the information to Emma, the Adoption Coordinator, who will be sure to pass it on the new family.

9. POST YOUR FOSTER DOG ON SOCIAL MEDIA & PROMOTE POP!

Show off your dog! Our dogs are primarily adopted through sites like Facebook and Instagram. We love when our fosters show off that they are fostering a dog for us and tag us. Which in turn can potentially lead to someone they know adopting one of our dogs. Snap some cute pics and videos and share them with us and the rest of your friends via Instagram and Snapchat. When you foster for POP, you are part of the family and we love to interact with you as well. Please see the below bullet on rules concerning posting your dog, for we don't want any of our dogs to show in a negative light.

10. DO NOT POST NEGATIVE THINGS ABOUT YOUR FOSTER ANIMAL OR POP ON SOCIAL MEDIA.

This is a very difficult rule for us to enforce, as negative can be a lot of different things. We try to define it as posting anything that could paint your foster animal or Pups on the Plains in a negative light. Please avoid highlighting your foster's negative behaviors on social media, and instead try to highlight your foster pet's awesome behaviors instead! If we see anything we think could be pushing the line, we will message you and try to help you rephrase it. We do not want to discourage your foster animal from being adopted.

11. DO NOT TAKE YOUR ANIMAL OUT OF TOWN UNLESS GIVEN PERMISSION.

This is simply because we need to know where our animals are at all times. Animals that are sick, have behavioral issues, or other high maintenance concerns should be kept in Auburn so that we can monitor them closely. If you are leaving town and would like your foster to go with you, please ask the foster coordinator or our President to receive approval.

12. YOU ARE RESPONSIBLE FOR KEEPING YOUR FOSTER ANIMAL OVER AUBURN UNIVERSITY HOLIDAYS, BREAKS, OR WEEKENDS UNLESS YOU GIVE POP 3 WEEKS NOTICE OF YOUR INABILITY TO DO SO.

Many times we have had fosters message us a week, or even just days before a break to tell us they need us to find a place for their foster animal to go. Please do not be that person! We try to get ahead of this before it happens, and we will begin getting in contact with fosters around a month or so in advance. If your plans change, or we did not contact you, please contact us immediately so we can find a place for your foster animal.

13. GIVE POP AT LEAST A 7 DAYS NOTICE IF YOU CAN NO LONGER FOSTER YOUR POP FOSTER ANIMAL.

Another issue we have run into is fosters dropping the bomb that they cannot foster anymore and telling us the animal needs to leave that very day! Please do not be this person either! This is very hard on us, as we do not have a shelter for the animals to go to. We only have homes that are already chalk full of animals. If you suspect you are running into issues, please go ahead and keep us in the loop and tell us ahead of time. We would rather you change your mind and say "oops, I actually can keep fostering" instead of keeping quiet and then causing us to run around like crazy to find a place for your foster animal! Fostering is a commitment, please respect that.

14. YOU ARE RESPONSIBLE FOR PICKING UP AND DROPPING OFF YOUR DOG AT POP EVENTS UNLESS YOU GIVE US 24 HOURS NOTICE OF YOUR INABILITY TO DO SO.

Once again, we have run into problems where fosters do not let us know they cannot show up to POP events until the event is about to happen or already happening. Please give us notice so we can accommodate you and your POP foster!

15. DO NOT THROW YOUR LITTER CONTAINER AWAY.

The litter POP uses is refillable. Litter container dropoff is anytime Tuesday at our president's house in Auburn (you will receive an address upon fostering!). Just leave

the container on the porch. The litter will be refilled and put back on the porch by Thursday. If for some reason you need litter before Tuesday, contact an officer.

FOSTERING YOUNG PUPPIES: WHAT SHOULD I EXPECT?

ROUNDS OF SHOTS & SUSCEPTIBILITY TO ILLNESS.

Any puppies younger than 6-8 weeks of age will have been raised first by a POP officer before being passed off to you, the POP foster. When you receive your POP puppy, the first thing you will be made aware of is how many rounds of shots they have had and whether or not they can go outside yet. Puppies that have had **ONE ROUND** of shots **CANNOT GO OUTSIDE**. Period. These puppies are particularly susceptible to parvovirus, a flu-like virus that attacks the puppy's immune system and can kill them in a matter of hours or days. This virus is prolific and can be tracked into parks, apartment complexes, and houses by other dogs and shoes. They are to be kept inside only and potty on puppy pads.

Puppies that have had **TWO ROUNDS** of shots can be placed outside briefly in **ONE SPOT** and allowed to potty. They are still incredibly vulnerable to illnesses found outside (again, such as parvovirus). Their age should be around 9-10 weeks at this point. They are NOT to be allowed anywhere in public: no parks, no campus outings, no pet stores, etc. Puppy pads can still be used inside for pottying as well during this time.

Puppies that have had **THREE ROUNDS** of shots may begin freely exploring the outside of an apartment complex or home. They should be around 12-14 weeks old by this point in time. These puppies still cannot go into the public, as they are only about 75% protected from outside illnesses. Until they have had their fourth round of shots, puppies should be kept away from public areas, as they are not fully protected.

COMMON BEHAVIORS.

It is very common for young puppies to have behaviors such as nipping and biting, howling and crying when separated from siblings or their caretakers, and rough-housing with their siblings in a manner that can be mistaken as aggressive. Puppies that nip or bite excessively can be corrected with a "bop" on the nose, firmly saying no, and/or supplementing with a spray bottle if necessary. Another popular method is squealing when a puppy bites, letting them know that they've hurt you and to encourage them not to do it again. Do remember that nipping is very common and is usually grown out of.

Crying when away from siblings and caretakers is also a common puppy behavior that is grown out of. What to do about this when crate training will be high-lighted in the next section. In everyday scenarios, it is important not to coddle your puppy and reward them for crying, whining, etc. Try instead to find a break in their crying to come in with a distraction such as a toy or playing.

HOUSE TRAINING: HOW-TO

HOUSE-TRAINING A PUPPY.

Puppies and house-training go hand in hand. We everyone loves puppies, but remember that usually comes with some extra responsibility on your part. Puppies are smart, so they usually pick up on the house-training concept easily. But, they do have small bladders. Therefore, you need to make sure you stay on top of house-training. The best way to begin house-training is keeping the puppy on you at all times they are out of the crate. Whether that be you are always with them or you have them on a leash by your side. When you see your puppy beginning to sniff to use the potty immediately scoop them up and put them outside. When they go potty outside say “go potty” and give them a treat. They will soon begin to realize that outside is their potty place. Make sure if they have an accident in the house you clean it immediately so they don’t smell it and try and potty again. Keeping them on a regular schedule also helps with potty training. Feed them at the same time every day and take up their food in between meals. Also, try to start taking them out at the same time every day and to the same spot every time. You may also find that limiting their water intake helps. Remember when you are out of the house your puppy should be kept in a crate that is small enough for them not to want to do their business in. Upon arriving home you should immediately take them outside to prevent any accidents in the house. If you have any difficulties potty training or have any questions please let The President know ASAP.

HOUSE-TRAINING AN ADULT DOG.

While we are lucky to have a majority of adult dogs that arrive at our rescue already potty trained, there are some every once in a while that have been outdoor dogs or were never trained. With these dogs, please have patience. They don’t understand that what they are doing is wrong and are just as frustrated and confused as you may be. Adult dogs may be slower to pick up on the house training process or faster! This will depend on how much training they have had in their past. Like with a puppy make sure you are always supervising outside of the crate. Whether that be you are always with them or you have them on a leash by your side. When you see your dog beginning to sniff to use the potty immediately scoop them up and put them outside. When they go potty outside say “go potty” and give them a treat. They will soon begin to realize that outside is their potty place. If you see them going potty and don’t have enough time to take them outside try and interrupt them. Then, even if they have finished, take them outside and try to make them know this is where this is supposed to go. If they finish outside, then give them a treat. Make sure if they have an accident in the house you clean it immediately so they don’t smell it and try and potty again. Also, make sure you are keeping your adult dog on a routine. Feed them at the same time every day and take up their food in between meals. Also, try to start taking them out at the same time every day and to the same spot every time. You may also find that limiting their water intake helps. Remember when you are out of the house your dog should be kept in a crate that is small enough for them not to want to do their business in. Upon arriving home you should immediately take them outside to prevent any accidents in the house. If you have any difficulties potty training or have any questions please let The President know ASAP.

CRATE TRAINING: HOW-TO

WE STRONGLY ENCOURAGE ALL FOSTER DOGS BE CRATED WHILE THE FOSTER IS AWAY TO AVOID ANY POTENTIAL DAMAGES TO THE HOME OR ACCIDENTS.

CRATE-TRAINING A PUPPY.

Don't be alarmed your puppy will 99% probably cry when you put them in their crate. Don't give in. Puppies are just like babies and will learn that when they cry they get what they want. Instead, find some ways to make the crate a more positive experience for your puppy. Start by making the crate comfy with some blankets and their favorite toy or stuffed animal. You can then start putting your puppy in the crate by saying "crate" and giving them a treat or two upon entry. You can also put a blanket over the crate to make the space feel safer and comfier for them. Let them cry it out while you are in the house. Then, when they finally stop crying for a significant amount of time you can let them out of the crate and give them the attention and love they deserve. If you have any other questions on this topic please contact our President.

CRATE-TRAINING AN ADULT DOG.

Crate training an adult dog may be stressful for both you and the dog. Remember, some of these dogs have never been in a house before, let alone a crate, so this is all new and scary to them. They will probably bark and whine the first few times you put them in the crate. So, find some ways to make the crate a more positive experience for your dog. Start by making the crate comfy with some blankets and their favorite toy or stuffed animal. You can then start putting your dog in the crate by saying "crate" and giving them a treat or two upon entry. You can also put a blanket over the crate to make the space feel safer and comfier for them. Leave the room and let them bark and whine until they calm down. Then, you can re enter and let them out once they have calmed down for a significant amount of time. Remember it is very important not to let them win by barking and have you let them out of their crate before they have learned to be quiet. If the barking is excessive and they don't stop after multiple days of crate training please let one of our officers know and we will work with you on other measures you can take.

FOSTER DOG w/ REACTIVITY: WHAT CAN I DO?

DOG REACTIVITY/AGGRESSION.

We try and test all of our dogs at the shelter to see that they are dog-friendly. But, sometimes during the decompression period a dog's attitude might change towards other dogs. Some signs to look for if your dog is meeting another dog and becoming tense are: stiff body posture, the hair raising on their back, absolutely no tail wagging, and/or ears pinned back. If your dog is not removed from this situation the signs will escalate to: growling, baring teeth, snarling, lunging and eventually biting. We want to make sure all of our dogs are safe with other dogs, so we need to make sure no negative dog interactions take place. Immediately remove your foster dog from this situation and bring them to a place to decompress. To prevent a situation like this, we recommend following our rules on proper dog introduction. Begin by introducing the dogs in a neutral place that is free of items such as toys, water and food. Make sure both dogs are either on leash or off leash. Having one dog on leash and one off leash can lead to an uncontrollable situation. The best way for dogs to become acclimated to each other is to lead one and let the other sniff its booty, not nose to nose introduction. Continue to read your dog's body language as stated above. If the situation escalates, step in the middle of the situation and contact an officer. Also, if you take all of these precautions and read your dog's body language and still see reactivity issues please contact our President ASAP on helping with the situation.

HUMAN REACTIVITY/AGGRESSION.

Human reactivity is something we rarely encounter with our dogs, but it is possible. Some of our dogs did come from possible abuse situation and therefore certain types of people make them uncomfortable. Men are most likely to make your foster dog nervous. To prevent human reactivity, limit the number of strangers your foster dog interacts with until they are comfortable in your home. Also, before you know your dog REALLY REALLY well make sure that strangers do not hug them, run up to them, wave anything at them, etc. Make sure when you are introducing your dog to anyone you start by reading their body language. They most likely will start by telling you they are nervous. This can be anything from raised hair and avoiding contact to flattened ears and tail tucked. The two most subtle signs your dog will show you are lip licking and yawning. If you see your dog reacting like this towards a person, tell the person approaching to please make themselves look less threatening, not pet your dog, or remove your dog from the situation. If humans don't make these situations better the situation may escalate to your dog becoming aggressive with barking, lunging and growling, which is harder to diffuse. To help people better interact with your dog, tell them not to approach your dog, but rather let your dog approach them. Tell them not to make direct eye contact with your dog, for this may be very threatening to them. Tell them to squat in front of the dog, not over it. Make sure they are not facing the dog and keep their body relaxed. They should also keep their voice soft or not speak at all. If the dog approaches them, keep the body and eyes averted, but make a fist and let your dog smell their closed fist. Make sure they do not try and pat the dog's head or any other blind spots. If your foster dog backs away make sure the person does not force the situation and instead politely excuse

yourself and the dog. If you take all of these precautions and still see aggression in your dog please contact our President ASAP for help.

FOSTER DOG w/ ANXIETY: WHAT CAN I DO?

GENERALIZED ANXIETY.

Being dumped and moved around causes a dog to have a lot of anxiety. Some handle it better than others, but your foster dog could potentially show some signs of anxiety. If your dog comes home and starts pacing and whining it likely has anxiety. Try not to punish your dog and instead make it feel comfortable. Make sure it has plenty of comfy places to lie whether it is next to you, some blankets or bed on the floor, or a comfy crate. Anxiety may show itself in a destructive manner, such as tearing up household items. To prevent this, make sure you see the crate training section and ensure that they feel safe in their crate while you are not with them. Another thing to help with anxiety is exercise. While new places may not help your dog's anxiety, make sure you are bringing your dog for walks around your home or playing with them inside. Once they start to get more comfortable you can help them begin to socialize and bring them to other places. They still may be nervous, so make sure you don't overdo it. If the anxiety continues and does not improve please contact our President ASAP, so we can try to take other preventative measures.

SITUATIONAL ANXIETY.

Some dogs may be perfectly fine all day and then all of a sudden have anxiety when they are put in a position they are not familiar with. This may be something as simple as a car ride or during a thunderstorm. Make sure you are familiar with signs of an anxious dog which could be shaking, whining, yawning, panting, pacing or even being destructive and barking. If you see your dog becoming anxious in any situation start by attempting to make the situation positive. Most anxious dogs won't eat. So, trying to sit with them or play with them to help distract them. Also, putting them in their crate, if they enjoy it and the anxiety exists in the home, may help decompress their mind. Your dog may not particularly want to be pet if they're anxious, so just make sure you listen to what they are telling you. Some dogs may also have separation anxiety, which is where making the crate a positive and safe space comes in handy. If none of these solutions work please contact our President ASAP, so we can try and take other preventive measures.

SPAY & NEUTER: WHAT TO EXPECT

MANAGING POST-SURGERY.

Post-surgery maintenance isn't too terrible! The number one rule is be sure to be checking the incision sight and if anything seems even slightly off TAKE A PICTURE and send it to an Officer. You are not going to annoy us. We would rather answer 100 texts then have a dog pop stitches or get an infection. Besides that, follow the vet's rules which include: no parks for 7-10 days, no heavy playing with other dogs, limited outside time to prevent infection, and again continually check the incision site. If you have a male dog, they may be swollen for the first 1-3 days. If the swelling lasts longer than that amount of time let an officer know ASAP. You must also ensure your foster

dog avoids getting wet that means no splashing through puddles, swimming, or baths during this time. What's your favorite food? Important and potentially harmful things to look for are: swelling, bleeding, and puss. If you see any of these things contact an officer ASAP.

WILL THERE BE BEHAVIOR CHANGES?

There may or may not be behavior changes in your dog. Fixing a dog doesn't fix all problems, but over time it may help habits such as marking. If your dog does seem particularly lethargic after the first 24 hours post-surgery, then let our President know ASAP.

FOSTERING A DOG WITH HEARTWORMS: WHAT TO EXPECT

PRE-TREATMENT

Your main responsibility during this period is to keep your foster calm and resting. This can be difficult depending on the personality of the dog, but the key is very short walks and kennel rest. If the kennel makes your foster dog anxious, try a blanket over the kennel or resting in the bed/couch. Absolutely no free running, dog parks, walking in highly populated areas, in extreme temperatures, or running upstairs. The most important part is to limit any exposure to stressful or exciting situations.

TREATMENT.

HW treatment will be hard on your foster doggo. Think of it as a similar effect that chemo has on humans. Treatment consists of two injections given 24 hours apart at the vet that begin the killing of the worms. The dogs will stay at the vet for the next 24-48 hours to be monitored before returning to your home.

POST-TREATMENT.

Post-treatment care of your dog is critical to their health. We know having a dog is exciting and you want to show them off, but for the next 4-6 weeks your dog must be on strict rest and only going outside for potty breaks. You must refrain from any play time in the house with you/another dog or letting them get excited. Your dog can get excited by something as simple as someone walking through the door or get nervous from a storm. This also includes making sure your dog doesn't get overheated. If your house or apartment doesn't get the best air flow, putting a fan next to your dog's crate may be a good idea. Make sure if an instance like this is going to occur you plan accordingly by keeping your dog crated. This rest time is critical because your dog's heart is trying to shed and pass dead worms. This leads to them clogging valves in your dog's heart, which prevents healthy blood flow. Increasing your dog's heart rate could then lead to cardiac arrest and death. Make sure if you see your dog acting strange, coughing, coughing up blood, etc. you call the President or an officer ASAP, no matter what time of day or night. Some dogs may have more extreme cases of heartworm and in that case, you will be given stricter instructions on post-treatment care. After the initial 4-6 weeks of strict rest, your dog will be able to start participating in very short walks and less time in the crate. There can still be NO long

walks, hikes, or dog parks. It is still crucial that your foster dog is staying as calm as possible before all of the worms are passed. As a rule of thumb, we require our dogs to be in this recovery state for 6 months before they are retested. At the time of retest, they can then be a normal dog again.

FOSTER SUPPLY CHECKLIST

- CRATE
- DOG FOOD
- BOWLS
- TOY (IF POSSIBLE)
- HG/NG (IF NOT ALREADY GIVEN)
- OTHER MEDICATION (IF NECESSARY)
 - COLLAR
 - LEASH
- HARNESS (IF NECESSARY)

The 3 Days, 3 Weeks, 3 Month Rule of Adopting a Rescue Dog

The 3-3-3 rule is a general guideline, every dog is unique and will adjust differently. Give your dog space and allow him to go at his own pace.

3D



In the first 3 days,

- Feeling overwhelmed
- May be scared and unsure of what is going on
- Not comfortable enough to be "himself"
- May not want to eat or drink
- Shut down and want to curl up in his crate or hide under a table
- Testing the boundaries

3W



After 3 weeks,

- Starting to settle in
- Feeling more comfortable
- Realizing this could possibly be his forever home
- Figured out his environment
- Getting into a routine
- Lets his guard down and may start showing his true personality
- Behavior issues may start showing up

3M



After 3 months,

- Finally completely comfortable in his home.
- Building trust and a true bond
- Gained a complete sense of security with his new family
- Set in a routine